PERSONALIZED APPROACH
We work with each student individually to determine the dining strategy that best meets his or her dietary needs. Your Food Allergies @Stanford support team includes the Stanford Dining nutrition team, chefs and managers who work together to ensure you have an exceptional dining experience. Here you will find examples of common accommodations that are available for students with food allergies and other special dietary needs.

FRESH PLATE
In our self-service dining halls cross-contact can occur when other students unknowingly contaminate a food with an undisclosed allergen. To avoid this we suggest you always request a Fresh Plate – just let the dining staff know what you would like to eat and they will assemble your meal using new gloves and clean serving utensils, with food from the kitchen that has not come into contact with potential allergens on the serving line.

PURPLE PANTRIES
To help supplement the food options available to those with food allergies, we provide access-controlled pantries in each dining hall offering a variety of packaged products including dairy alternatives, gluten free breads and allergy friendly baked goods. Students must register with the Food Allergies @Stanford program for access.

ALLERGY FRIENDLY MEALS
For those with severe or highly complex food allergies, separately prepared meals are available and can be made to order on designated allergy-friendly equipment. The Stanford Dining nutrition team, in collaboration with your chef and dining hall manager, will help develop an assortment of meal options that can be ordered online and picked up with at least 24 hours advance notice. Students must register with the Food Allergies @Stanford program for access.

NUT SENSITIVE DINING @ RICKER
Ricker Dining Hall has been Stanford’s nut sensitive dining hall for more than 10 years. No matter which residential community you reside in, you can choose to eat some or all of your meals at Ricker. Students with peanut and tree nut allergies can request housing near Ricker along with other housing-related accommodations through the Office of Accessible Education.
MENUS & LABELING

Daily menus are available at rdeapps.stanford.edu/dininghallmenu and detailed labels are provided for our core menu items in all dining halls. Our menus and labels identify ingredients, list any top 10 allergens (coconut, egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat) and indicate if a dish is vegan, vegetarian and/or gluten free. If an item contains ingredients made in a shared facility or on shared equipment with an allergen, that allergen will be labeled with an asterisk (e.g. wheat*).

Some foods in the dining halls are prepared on equipment that may contain trace amounts of multiple allergens so these foods are labeled as containing “trace allergens”. If you have any questions in the dining halls about specific ingredients or how a food was prepared, please consult with your dining hall manager.

To register for food allergy or special dietary accommodations, follow these steps:

**STEP 1**
Obtain a medical doctor’s note confirming food allergy or medically necessitated dietary need **OR** register with the Office of Accessible Education (OAE).

**STEP 2**
Complete the Stanford Dining Request for Dietary Accommodations form on our website rde.stanford.edu/dining/eat-well-stanford and submit to nutritionist@stanford.edu.

**STEP 3**
Set an appointment with Stanford Dining’s Nutritionist to discuss your dietary needs and available accommodations. Appointments can be made for in-person or phone consultations by visiting stanfordnutritionist.acuityscheduling.com.

**STEP 4**
Join the Food Allergies @Stanford community and help us continue to improve the Food Allergies @Stanford program through your involvement and feedback.

Stanford Dining’s nutrition team is here to help you manage your dietary needs on campus. We personally review all ingredients, recipes and menus for allergens and train R&D&E staff on food allergy accommodations. If you have any questions or issues relating to food allergies, specialized dietary requirements, or nutrition, please email nutritionist@stanford.edu to arrange a personal consultation.

We’ve proudly partnered with FARE (Food Allergy Research & Education) to improve the college experience for students with food allergies through enhanced awareness, accommodations and training.

Disclaimer:
Please inform your server if you have a food allergy and direct ingredient questions to a manager. While we take many precautions to correctly identify ingredients and prevent cross-contact, we are unable to guarantee the absence of potential food allergens in our food or facilities. It is, therefore, ultimately the responsibility of the individual to judge whether or not to question ingredients or consume food items.